

You're The One

COPPERKNOB
STEPPERS

拍数: 40 墙数: 2 级数: Phrased Advanced
编舞者: Elijus Prancevičius (LIT) - April 2025
音乐: You're The One - Ustin



Intro: 16 Counts from first beat in music (app. 21 seconds into track)
(Sequence): A, B, A, B Restart, A, B, A, B, A

Part A: 18 Counts

[1 – 8] Full Rondé Turn L Sweeping, Rock, $\frac{1}{4}$ Turn R, $\frac{1}{2}$ Turn R, Press R, $\frac{3}{4}$ Turn R, Rock, Cross, Recover, $\frac{1}{4}$ Turn L, Pivot Turns L 2x

- 1 – 2& Note: Start with weight on R cross L, Unwind full turn L sweeping L back (1), Step L back (2), Turn $\frac{1}{4}$ R stepping R forward (&) 3:00
- 3 – 4& Turn $\frac{1}{2}$ R stepping L forward (3), Press R (4), Turn $\frac{3}{4}$ R stepping L beside R (&) 6:00
- 5 – 6& Step R diagonally forward (5), Cross L over R (6), Recover on R to center (&)

Option: Reach your R&L arms diagonally forward on counting 5 6:00

- 7 – 8& Turn $\frac{1}{4}$ L stepping L forward (7), Turn $\frac{1}{2}$ L stepping R back (8), Turn $\frac{1}{2}$ L stepping L forward (&) 3:00

[9 – 16] R Basic Nightclub, Side behind side, Cross, Recover, $\frac{1}{4}$ Turn R, Spiral, Rock R

- 1 – 2& Turn $\frac{1}{4}$ L stepping R to R side (1), Close L behind R (2), Cross R over L (&) 12:00
- 3 – 4& Step L to L side sweeping R out to R side (3), Cross R behind L (4), Step L to L side (&) 12:00
- 5 – 6& Cross rock R to L diagonal (5), Recover back on L (6), Turn $\frac{1}{4}$ R stepping R forward (&) 3:00
- 7 – 8 Step L forward making full spiral R (7), Rock R forward (8) 3:00

Part B: 22 Counts

- 1 – 8 $\frac{1}{4}$ Turn R, Rock, Lift R Straight Leg Up, $\frac{1}{4}$ Turn R, $\frac{3}{4}$ Turn R, Sweep, Rock, Recover, Pivot Turn L With Sweep, Rock, Recover, $\frac{1}{4}$ Turn R, $\frac{1}{8}$ Turn R 2x
- 1 – 2& Turn $\frac{1}{4}$ R stepping L to L side & lifting R with a straight leg up (1), Turn $\frac{1}{4}$ R stepping R forward (2), Turn $\frac{3}{4}$ R stepping L beside R (&) 6:00

Restart Here in the 2nd wall & add 2 counts before you start again:

Rock R to R side (3), Recover on L (&), Cross R over L (4)

- 3 – 4& Step R forward sweeping L forward (3), Rock L forward (4), Recover on R (&) 6:00
- 5 – 6& Turn $\frac{1}{2}$ L stepping L forward & sweep R forward (5), Rock R forward (6), Recover on L (&) 12:00
- 7 – 8& Turn $\frac{1}{4}$ R stepping R to R side (7), Turn $\frac{1}{8}$ R stepping L forward (8), Turn $\frac{1}{8}$ R stepping R forward (&) 6:00

[9 – 16] Point, $\frac{1}{4}$ Turn L, Pivot Turns L 2x, R Basic Nightclub, Rock, Hitch, Rock, Cross, Recover, $\frac{1}{4}$ Turn L, Spiral

- 1&2& Point L to L side (1), Turn $\frac{1}{4}$ L stepping L forward (&), Turn $\frac{1}{2}$ L stepping R back (2), Turn $\frac{1}{2}$ L stepping L forward (&) 3:00
- 3 – 4& Turn $\frac{1}{4}$ L stepping R to R side (3), Close L behind R (4), Cross R over L (&) 12:00
- 5 – 6& Step L diagonally forward hitching R knee (5), Step R to R side (6), Cross L over R (&) 12:00
- 7&8 Recover on R (7), Turn $\frac{1}{4}$ L stepping L forward (&), Step R forward making full spiral L (8) 9:00

[17 – 22] Rock, Hitch, Piqué Turn L, Rock, $\frac{1}{4}$ Turn L Slowly Dragging R Next To L, Cross

- 1&2 Step L forward hitching R knee (touch R foot to L knee) (1), Turn full circle to L stepping R forward & hitching L knee (touch L foot to R knee) (&), Step L forward (2) 9:00
- 3 – 4 Slowly turn $\frac{1}{4}$ L dragging your R foot next to L (3), Cross R over L (4) 6:00

Restart happens in section B after 2 counts: After you complete counts 1 – 2&, Rock R to R side (3), Recover

on L (&), Cross R over L (4) and start again section A.
